

RED TAG SALE!

STARTED SATURDAY MORNING
Savings this season are unusually large
 Nearly all mark-downs are on goods at old prices.
 The recent big advances make our regular prices in some cases less than the wholesale prices today.
 New lots being put in all this week.

Ready - to - Wear Departments Offer Big Savings

LADIES' SUITS in Poplins and Gabardines, blue and brown, sizes 16 to 38. Regular \$12.45 to \$21.75. Sale \$7.45, 9.75, 14.75.
JUNIOR COATS, mixtures or plain colors, \$4.95 now 5.95, \$8.75 now 4.95, \$12.45 now 7.45.
CHILDREN'S COATS \$5.95 now 3.75, \$8.95 now 2.45.
SILK DRESSES in dark colors all marked down. You save from \$2.00 to \$8.00 on each dress.
SEERGE DRESSES:
 \$1.95 and 5.95 dresses now.....\$3.95
 \$6.95 and 7.45 dresses now.....4.95
 \$9.95 dresses now.....7.45
 \$12.45 dresses now.....9.75
LADIES' SKIRTS. Fine serge in Brown, black, regular sizes. Regular prices \$4.95. Sale \$4.45.
INTERA SIZE SKIRTS of fine serge \$4.95 and 5.95. Sale 3.75.
BLACK PETTICOATS, fine quality, full sizes. Regular \$1.95. Sale 1.45.
SUMMER HOUSE DRESSES to close odd sizes, Guipure and Voile. Regular \$1.98 to \$3.98. Sale .95.

Remnants

We have a big assortment of all kinds of yard goods taken out at stock taking and marked one-third to one-half off the regular price.
FLANNELETTE in printed patterns. Regular 10 and 15c. Sale 7c.
PRINTING FLANNELETTE, dark and light colors. Regular 10c. Sale 7c.
SERIAL PRINTING FLANNELETTE, unbleached, 10c.

Drummers' Samples

of TOWNS, BED SPREADS, NAPRINS, BLANKETS that are unusually big values. Months ago we received these goods, planning to make this Red Tag Sale a special breaker. The real value today is much higher than the regular prices quoted.

BROWN, BUCK & CO.

NORWAY,

MAINE

A BARGAIN

In Women's High Cut Boots, Gun Metal, Lace, 8 inch Wool, Low Heel, Goodyear Welt, Receding Toe. They are a good trade at \$5.00. Other kinds for \$4.00, \$5.50 and \$6.00.

E. N. SWETT SHOE CO.

Opera House Block, Telephone 38 2
 NORWAY, MAINE

We pay postage on all mail orders.

BETHEL and vicinity

Mr. C. L. Davis was in Paris, Sunday.

Mrs. D. T. Durell spent the week end with relatives in Norway.

Mr. Ogden Mills spent the week end with his family in Bethel.

Mrs. Carver of Jonesport was a guest at L. L. Carver's the first of the week.

Miss Cornelia Chapman and Miss Alice Capen were in Lewiston, Thursday.

Mrs. Annie Heath and Mrs. William Lowe went to Berlin, N. H., Tuesday.

Mr. Albert Lavorgna of Canton is a guest of relatives and friends in town.

Mrs. John Swan was the guest of relatives in Locke's Mills one day last week.

Dorothy Stearns is spending a few days at her uncle's, Rob Stearns, in Albany.

Miss Ethel Cole of East Bethel was the guest of her sister, Miss Bertha Cole, Monday.

The Men's Club will hold a social meeting Wednesday evening, Jan. 24 at Bethel Inn.

Mrs. Dexter Cummings of Albany was a guest of Mrs. Frank Kendall the first of the week.

Miss Mary D. Merritt and Miss Annie Frye went to Portland, Friday to spend a few weeks.

Miss Melba Packard of Portland was the guest of her sister, Ida Packard, the first of the week.

The Ladies' Club will meet with Mrs. J. C. Hillings, Thursday afternoon at three o'clock.

Mr. P. B. Merrill attended the Maine Press Association in Portland last Thursday and Friday.

Miss Marian Frost returned home from the Eye and Ear Infirmary, Portland, last Friday.

Mrs. Kelley of Bryant's Pond was the guest of Mrs. Carver and Mrs. Mansfield a few days last week.

All members of the degree team of the Rebekahs are requested to be present next Monday evening, Jan. 29.

The Weatist Club met with Mrs. Ralph Young last Thursday and will meet with Mrs. Arthur Herrick this Thursday afternoon.

The Camp Fire Girls met at the home of Miss Ernestine Philbrook last Friday afternoon. Mrs. R. R. Tibbitts demonstrated the first aid bandaging, etc.

Mr. Maynard D. Lowe, son of Mr. and Mrs. William Lowe of Bethel, has recently been installed Noble Grand of Bethel Lodge, I. O. O. F., Haverhill, Mass.

Bethel friends are interested in the announcement of the birth of an eleven pound son, Raymond Adolbert Chapman, to the wife of Ralph E. Chapman of West Paris, Jan. 17th.

The remains of Wallace W. Mason of Gorham, N. H., one of the oldest engineers of the Grand Trunk Railway, were brought to Bethel, Tuesday for burial in Woodland Cemetery.

The announcements have been received of the birth of a daughter, Martha Baker Parkard, to the wife of Benjamin E. Parkard of Bangor, Jan. 19th. Mrs. Parkard was formerly Miss Helen Baker of Bethel.

The W. C. T. U. held an interesting meeting with Mrs. H. C. Andrews last week. Twelve out of thirty ladies interested in the cause of Temperance and the work of the W. C. T. U. not only in Bethel and the State of Maine but throughout the world, are invited to attend. The legislation in Congress are of especial interest these months.

The members of the Ladies' Club are knitting socks and sweaters and making sheets for the French wounded. The ladies of the Methodist church are also knitting socks. The intense cold of the winter immeasurably increases the suffering and need. The Bethel Branch of the American Fund for the French Wounded would be most grateful for any help in the way of work or money. Materials will be supplied and directions given to all volunteer workers. Mrs. A. E. Herrick is in charge of the work. The materials upon which the women have been working since Christmas were given by Miss Isabel Butler of Jamaica Plain.

Mrs. Will Paine was in Lewiston, Monday.

Miss Florence Springer and Miss Lee were in Lewiston, Saturday.

Miss Beulah Wheeler went to Berlin, N. H., Monday, for a few days' visit.

Mrs. Howard Bailey and Miss Lillie from Bangor River were in Bethel, Friday.

The Track Club met Tuesday afternoon with Mrs. Arthur Douglass and will meet next Tuesday with Mrs. Davis at Paris.

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OUR PRICES Mean a Great Saving on Your Grocery Bill

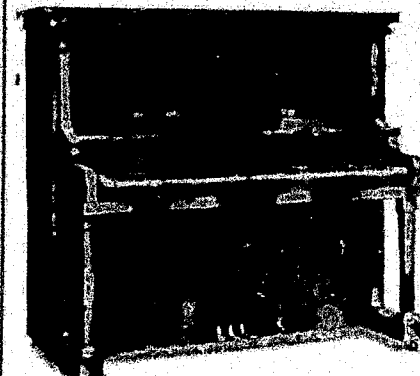
FOR THIS WEEK

SUGAR, 12 1/2 lbs. for \$1.00
 EVAPORATED MILK, Beauty Brand, 10c
 BULK ROLLED OATS, 5c lb., 6 for 25c
 RAISINS, 1 week only, 13c, 2 for 25c
 HOME MADE MINCE MEAT, 2 lbs. for 25c
 A GOOD BULK COFFEE, 25c lb.

We also carry Oysters, Fish, Ham and Bacon

J. S. ALLEN ESTATE

The Day for Buying a Piano is Now



If you have been looking forward to a day when you might go in and look at pianos—and perhaps later on buy one—that day is *right now*.

And this store with the very latest styles in pianos (all very moderate in price) is ready for a visit!

You will be made welcome, and will be given the care and attention that is always necessary in choosing so important an article as a piano.

With high quality and prices there is much to interest you in our line of pianos.

If you are at all interested in Pianos—in good quality, in style, and in prices, you will be repaid by coming here. Don't put it off—**TODAY is the day.**

W. J. WHEELER & CO., South Paris, Maine.

Freeland Howe Insurance Agency

Insurance that insures.

Fire, Life, Health and Accident, Automobile, Plate Glass, Steam Boiler, Liability and Burglary Insurance. Fidelity and Surety Bonds.

Stuart W. Goodwin, Agent,

NORWAY Tel. 124-4 MAINE

Valentine,
 St. Patrick, Easter
 and Birthday
POST CARDS

at wholesale or retail.

SPECIAL— POST CARD CALENDARS, 1c Each

OXFORD POST CARD CO.

Citizen Office

Bethel,

Maine

The Home Circle

Pleasant Reveries—A Column Dedicated to Tired Mothers as they join the Home Circle at Evening Tide

DOMESTIC SCIENCE.

TEXTILES.

Mrs. A. R. Kohler.

Continued from last week.

Silk Fibers.

Silk is an animal fiber spun by a worm when it makes its cocoon. It is the most beautiful and expensive of all fibers. It is unwound from the cocoon in a round, smooth fiber from three to four thousand feet long. The best part is in the center. It is a transparent lustrous fiber which is very strong and elastic and which takes dyes very easily. In its raw state it is covered by a gum which conceals its beauty. This is removed before it is spun into yarn. Serpico is the term applied to the rustic peculiar to silk. This condition is not natural to the silk, but is brought about by treating the silk with a dilute acid. Silks not only absorb dye stuff very readily, but they also take up metallic salts. This property is made use of in adulterating the silk by weighting it. In many heavy fringes as much as two or three hundred per cent of the weight of the fiber is added in the form of metallic salts. These foreign substances often result in entirely destroying the silk fiber. Sometimes such silks, after having been laid away for some time, simply fall to pieces with only a little handling or use.

Solutions of common salt have a harmful effect on silk, greatly weakening it. In some climates as on the islands of the sea it drops to pieces. This is increased when heavily weighted. Perspiration, having a large per cent of salt, rots silk very quickly. In laundry operations it is well to remember that alkalies weaken silk. If they are strong enough they dissolve the silk. This is also true of strong mineral acids, but dilute acids have little effect.

The weaving of the silk is much the same as the weaving of the other fibers, unless fancy effects are desired. Satins, velvets, crepes, broadens, are all brought about by special devices in weaving. Moire effects are obtained by embossing the cloth with heavy engraved rollers. Panné velvets are woven like other velvets, but instead of having the nap or pile steamed, they are subjected to a special method of pressing.

Waste or spun silk is not discarded. This waste silk is the shorter or broken fibers. They may be the silk from cocoons from which the moth has escaped, or they may be weak ends of the reeled silk. This silk is treated much like wool or cotton. It is washed, then carded, drawn and spun. It is not so strong as reeled silk, and not so even and lustrous in appearance because of its many ends and consequent harder twist.

The two kinds of silk are frequently used in making cloth, the spun silk being used for the warp and the reeled silk for the woof. The poorer grades of silk which are too weak and short to be woven into cloth are made into hat brims and cheaper silk trimmings. Since silk is necessarily an expensive fiber many attempts have been made to find silk substitutes. Unsuccessful attempts have been made to spin the spider's web and other moth filaments. So far only one natural fiber has been found that can be used and that is the cocoon of a shellfish. This bryozoa is a tangled like appendage by which the bryozoa fastens itself to the rocks. It may be

Cold Sores and Fever Blisters

are only outward manifestations of the inflammation of the mucous surface that lines the lungs, the stomach and all the digestive tract, but they give you evidence of how sore a membrane may become as a result of inflammation, which is stagnation of the blood rightfully called acute catarrh.

If you suffer from such conditions chronic, don't run the risk of systemic Clear it Up With

When your system is cleared of all its and healed, the cold sore and your digestion equal to all the tasks, and be at peace with what it did for this sufferer?

Mrs. L. A. Patterson, 238 Utah Avenue, Men... I have been a friend of Peruna for many years. I am a mother and I have a very delicate child. I have been with you for some time and I have seen the results of your medicine in the case of my child. I have seen the results of your medicine in the case of my child. I have seen the results of your medicine in the case of my child.

You needn't suffer longer with such... Peruna... You can... as needed for... The Peruna...

The Home Circle

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as they join the Home
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NEW ENGLAND Animal Fertilizers

will keep your soil in condition and grow more profitable crops every year. They are made of BONE, BLOOD, MEAT and high-grade chemicals—natural plant foods. Our booklet will tell, free, how profitable crops can be grown. Ask our dealer to help solve your fertilizer problems and write us for booklet, "Facts for Farmers."

NEW ENGLAND FERTILIZER CO., Boston, Mass.

For Sale by FRED L. EDWARDS, Bethel, Me.

be combed out and spun into a thread which may be used for gloves, purses, etc.

One artificial silk has been made, called Chardonnet silk, after the name of the man who discovered it. It has a high luster and considerable tensile strength. It is yellowish in color but may be bleached and dyed. The principal objection to it is that it does not withstand water. It is used for brims, neckties and other similar fancy articles that do not require washing.

Linen Fiber. Linen is the last fiber to be considered. It is the product of the flax plant. Good flax yields fibers from twelve to twenty inches long. The fibers vary in firmness. They are very strong but are not elastic. They have a high luster. Unbleached linen is stronger than bleached linen because the process of bleaching removes the oil and some of the vegetable waxes and gums. Linen must not be bleached rapidly as cotton is, since the process used disintegrates the fiber. Acids do not act so rapidly on linen as alkalies. Linen has not much affinity for dyes. It is a good conductor of heat and therefore feels cool to the touch. It makes a most desirable summer garment for this reason.

The separation of the fiber from the woody part of the plant is a long, tedious process. The seeds and leaves are first removed, and the stems are then fermented and put through a process of fermentation known as retting. Retting may be accomplished in a number of ways.

Dew retting consists in spreading the fibers on the grass and leaving them exposed to the action of dew and sun for about two weeks. This method is successful only in Russia. It results in a very silky fiber which may also be due to the flax plant itself.

Pool retting is placing the bundles in a pool of stagnant water and allowing them to remain there for several days. Since this is accompanied by fermentation the bundles must be weighed to keep them under water. Soft water gives the best results.

Retting in running water is practiced largely in Belgium. The famous Courtrai flax of Belgium is retted in the slow running waters of the River Lys. Its creamy color is due to this.

As a rule running water gives a whiter flax than pool retting.

These processes are not only slow and expensive, but can be carried on successfully only in suitable climates. Many attempts have been made to shorten the process of retting. Tanks of heated water are used, some of which have the water changing and others not. The retting is accomplished in these in fifty to sixty hours. It must be stopped at just the right time or the fiber will be weakened or discolored. Certain chemicals hasten the process, but these also weaken the fiber.

After retting the linen fiber must be dried, separated from the woody part, combed, drawn and spun. It is then ready for weaving and finishing.

While some linens are put on the market without any bleaching, the majority of them are bleached. This is a long and very delicate process, if the linen is to be bleached without injuring the fiber. Done in commercial establish-

ments it consists of many washings, treatments with bleaching powder, and thorough rinsings.

Grass bleaching is perhaps the best if done under proper conditions, which mean proper fields and favorable weather. This process occupies weeks of time.

When the linen fibers are combed, the long smooth fibers are separated from the short and broken ones. These short and usually coarser fibers are known as tow. They can be combed, spun and woven into inferior cloth. Sizing can make a poor grade look well. But washing removes the sizing and the true appearance of the cloth is then seen. Such linen does not wear well.

Brown or tan finish is the unbleached linen. These are sometimes beautiful shades of tans and grays. They usually wear better than the bleached linen.

Bleaching does not necessarily weaken fibers if done by proper methods. But modern methods consider only time and cheapness and we are often surprised to find linen wearing so poorly.

The rapid absorption of water makes linen best for towels. Its hard, lustrous surface makes it unsurpassed for table use. It is fine for summer garments but it wrinkles easily. Because of its resistance to coloring matter it does not stain easily.

It is high in price and justly so, when we remember the large amount of hand labor necessary in its production and the lengthy processes involved. Because of the expense of hand labor in this country and because our climate is not well suited to grass bleaching we cannot produce it to advantage. The high duty on it keeps up the price of imported linen.

The dyeing of these various textiles has been so perfected that for the most part the colors are reasonably fast.

Adulterations of Textile Fibers. Cotton being so cheap is not apt to have any other fiber mixed with it. The principal adulteration in cotton cloth is sizing. This is removed by the washing and boiling and frequently leaves a cloth of very inferior quality and appearance. Where this is suspected a sample should be washed. If the cloth is very thin, hold it up to the light, when the sizing can be seen between the threads.

Swiss embroidery is sometimes imitated by printing the dots or the pattern on, in heavy paste which eventually wears off. Mercerized cotton is often imitated by subjecting cotton cloth to a high pressure between rollers. The resulting luster disappears in washing.

Cotton is often made up to imitate silk, wool, or linen and sold under names designed to help along the fallacy.

Since wool is more expensive than cotton it is also more adulterated. Another reason that wool is so largely adulterated is that the demand for woolen garments, etc., is far in excess of the amount of wool produced. And so we had a very large per cent of woolen cloth made from reclaimed wool. This was formerly called shoddy but the term shoddy has come to be associated with inferior cloth, so that manufacturers prefer to use the term "reclaimed wool." This is wool obtained from old woolen goods either knit or woven. It is picked to pieces by machinery, cleaned, combed, spun and used in the manufacture of new cloth.

In some cases these wool fibers are of good enough quality to produce first class cloth, particularly if the wool has been reclaimed from worsted yarn. In other cases very inferior yarn is spun from it and cloth made from it does not wear well. These fibers can be detected by unraveling a sample of the cloth. The yarn is made of very short wool and has a large number of ends which can be seen on careful examination. It is very weak and breaks easily.

The pay of it is that such cloth is sold at a price that makes it attractive to those who can least afford to buy such worthless material.

This reclaimed wool is sometimes woven with new wool, sometimes with itself and sometimes with cotton. Very often the entire foundation is of cotton with only enough wool to cover the surface. This can readily be discovered by boiling a sample of the cloth in a small quantity of caustic soda or potash dissolved in about a pint of water. This dissolves the wool and leaves the cotton unaffected. If the sample is all wool it is entirely dissolved.

Standard breadcloths, worsted suitings, expensive velvets, and similar materials which bring a good price are usually all wool and wear well. Novelties are apt to be combined with cotton or inferior reclaimed wool and these should be carefully examined before

CANTON

Miss Clytie DeCoster has been visiting at Rumford and Dixfield.

Mr. and Mrs. Donald B. Partridge are receiving congratulations on the birth of a son, Wednesday. Mrs. Partridge, who has been seriously ill, is now improving.

Daniel Barker has moved from Hartford to Canton and is employed in the tannery.

The Universalist Circle served a supper at the vestry of the church, Saturday night.

Mr. and Mrs. John K. Forhan have returned home.

The children of Fred Bryant of Hartford are ill with the mumps.

Mrs. Angella Thompson is employed in the family of W. F. Allen of East Dixfield.

Mr. and Mrs. Jas. W. Bicknell have been visiting relatives in Lewiston.

Mrs. Lottie Douglass is visiting in Rumford.

Frank Richardson has been visiting his cousin, Mrs. M. J. Howes and family of Mechanic Falls.

Mr. and Mrs. Joseph L. Gammon pleasantly entertained a party at whist, Thursday evening, which included Mr. and Mrs. F. B. Woodward, Mr. and Mrs. G. H. Johnson, Mr. and Mrs. C. A. Swift, Mr. and Mrs. Geo. Gerry, Mr. and Mrs. E. E. Westgate, Miss Ruth Johnson, Miss Ora Woodward, Miss Mary Kelley, Theon Woodward, Arthur Tirrell and Sherman Dillon.

The first prize for women was won by Mrs. E. E. Westgate and Miss Ruth Johnson received the trophy prize. Geo. H. Johnson won the first prize for men, while Theon Woodward was awarded the consolation prize. Refreshments of ice cream and fancy crackers were served.

Frank D. Tabbs of Bates College will give a lecture at the Free Baptist church, Feb. 1st, under the auspices of the Ocean Park Study Club. His subject will be "Mexico, Past and Present."

No meeting of the Pine Tree Club was held Saturday on account of the illness of one of its members.

Charles E. Richardson, who has been ill with an attack of appendicitis, is more comfortable.

Miss L. B. Treadwell was a guest Wednesday of Mr. and Mrs. D. A. Corliss of Hartford.

The remains of Mrs. Smith Wyman, mother of Windsor H. Wyman, of No. Abington, Mass., were brought to Peru for interment, Wednesday.

Miss Lucy Elliott has gone to her home in Rumford Center for a time.

Mrs. George Whitman of Norway is a guest of her granddaughter, Mrs. Donald B. Partridge and family of Spring Street.

Mrs. Frank Carter and son, Guy Carter, of Winthrop are visiting her daughter, Mrs. J. Clyde Bicknell and family.

Interfer silk is combined with best silk. Some poorer grades of silk, imitation porgoe and some of the thin cheap silks are woven entirely of spun silk.

Linen is often adulterated with the inferior linen fibers or tow. The habit of wetting a piece of cloth to find if it is all linen fails to disclose the presence of tow, since it, too, is a linen fiber and absorbs water readily. The only way to discover this is to unravel a sample and examine the length of the fiber. Coarse, irregular and inferior fibers are often concealed by a heavy sizing particularly in table linen. This should be washed to remove the sizing and then examined for quality.

When we remember that the buyers for the retail establishments carefully examine and pull to pieces samples of all the cloth they buy, in order to determine whether the cloth is worth the money paid for it, we should pick up our courage and demand a similar right when we go to invest our share in garments or household furnishings. If it is good business for the merchant, it is good business for the purchaser. And when women bring intelligent business principles to their aid in purchasing, their demands will surely be met by better values for the money spent.

Diseases of Children
I find more one of the most common of children's diseases—either pinworms or stomach worms. These parasites make their presence felt through disturbed stomach, swollen upper lip, sore stomach, offensive breath, hard and full belly with occasional gurgling and pale face of leaden tint, loss of appetite, listlessness, itching of the nose, itching of the rectum, short dry cough, grinding of the teeth, little red points striking out on tongue, starting during sleep, slow fever.

For over 60 years Dr. Trues' Elixir, the Family Laxative and Worm Expeller, has been the standard remedy for pinworms, stomach disorders and constipation. Both for children and adults.

Mr. Wm. L. White of Houston, Texas, writes: "I want to say that Dr. Trues' Elixir is certainly a fine medicine." At dealers', 25c, 50c and \$1.00. Ad-vice free. Write to me.

Asbury, Maine. Dr. Trues

BLUE STORES

YOUR BEST INVESTMENT

Is to buy WINTER CLOTHING right now for next Winter. It is sure to be higher. We purchased the large stocks for our two stores months ago, when wearing apparel of every kind cost much less than today. We are selling, with VERY FEW exceptions (where we have had to re-order and pay the advance), at the old low prices.

Overcoats, Mackinaws, Lamb lined Coats
Men's and Ladies' Fur Coats, Sweaters
and Underwear

You will make no mistake if you BUY NOW.

F. H. NOYES CO.

NORWAY

SOUTH PARIS

IRA C. JORDAN

DEALER IN

General Merchandise

and Grain

BETHEL,

MAINE

Are You One of Thousands Taking BALLARD'S GOLDEN OIL TODAY? THE GREATEST THROAT AND LUNG REMEDY.

On Feb. 3 a public supper will be served at the banquet hall of Odd Fellows block under the auspices of Parnassus Rebekah Lodge. The entertainers are Mrs. Mary Butterfield, Mrs. Maud Richardson, Mrs. Ethel H. Woodward and Mrs. Amy Chamberlain.

Miss L. B. Treadwell spoke on "The Bible" at the Sunday morning service and on "Paul at Athens" in the evening.

Leroy Hall of Dixfield has been a guest of Mrs. L. I. Kilbreth, who is his niece.

Mrs. Alma Higgins of Gray inspected the work of John A. Dodge Relief Corps, Tuesday and installed the new officers. At the close of the installation ceremony a beautiful engraved silver spoon was presented to Mrs. Higgins. A fine dinner was served, members of John A. Dodge Post being guests.

Miss Eva Briggs is at Buckfield engaged as nurse.

The Sabbath school of the Universalist church will be held at 12 o'clock hereafter instead of in the afternoon.

The Universalist church officers have been elected as follows: Moderator, E. E. Westgate; Clerk, Mrs. Gladys W. Russell; Trustees, G. L. Wadlin, Chas. F. Oldham and A. E. Johnson; Music Committee, Mrs. F. B. Woodward.

The Universalist Circle was entertained Thursday at the home of Mrs. C. F. Oldham and Mrs. Evie B. York. During the afternoon piano solos by Miss Eleanor Westgate were enjoyed. Confectionery was served. The new officers are: President, Mrs. Marion A. Smith; 1st Vice President, Mrs. Lillian Bicknell; 2nd Vice President, Mrs. Minnie Forhan; Secretary, Mrs. Mabel Olin; Treasurer, Mrs. Ethel B. Woodward; Chaplain, Mrs. Ella L. Swasey; Trustees, Mrs. Belle Wadlin, Mrs. Philora Street and Mrs. Cora B. Fuller.

The next meeting will be held with Mrs. Lillian Bicknell of Lake street.

Mr. and Mrs. Stephen Stabbs have been guests of relatives at Farmington. Elmer Lane of Rumford has been a guest of C. E. Richardson and family.

W. A. Lucas resumed his duties on the H. P. D. route, Monday, after a two weeks' illness.

Henry Richards went to Wilton to the ice races Saturday and won the race for all race with his trotting horse.

HANOVER.

Mr. and Mrs. C. P. Saunders attended the O.H. Fellows and Rebekahs installation at Bethel, Monday evening.

Miss Mabel Warren of Upton is the guest of E. W. Stearns and family.

Mr. and Mrs. Averna Lapham and family visited Geo. Haines and family on Kimball Hill, Saturday and Sunday.

Mr. and Mrs. Eli Stearns and Mr. and Mrs. C. Y. Saunders held a whist party at the Grange Hall, Newry, Wednesday evening for the benefit of the Grange. Quite a good crowd attended. Games and dancing were enjoyed later in the evening. First prizes were won by Mrs. Blanche Trask and Leon B. Adams. Consolation prizes, Una Roberts and H. B. Hastings.

Mrs. Adeline Saunders and daughter,

Genie, attended the Grange installation at Rumford Center, Saturday.

Mr. Parker was the guest of his aunt, Mrs. Cora Davis, over Sunday. George Ed. Smith passed away Saturday afternoon after a lingering illness. The many friends of the family extend sympathy.

PAINFUL COUGHS RELIEVED

Dr. King's New Discovery is a soothing, healing remedy for coughs and colds that has stood the test of nearly fifty years. For that cough that strains the throat and saps the vitality try Dr. King's New Discovery. The soothing pine balsam and mild laxative ingredients soon drive the cold from the system. Have a bottle on hand for winter colds, croup, grippe and bronchial affections. At your Druggist, 50c. Adv.

What the Press Says of Our New Serial

Prudence OF THE Parsonage

The Continent:

Laughter and tears lie close together. Something going all the time in this perfectly delicious story.

Review of Reviews:

Little Women bids fair to have a rival in Ethel Hueston's novel, brimming with the fun and frolic of healthy, hearty girlhood. A delicate wild-rose love story tempers the madcap merriment.

Philadelphia Press:

Full of humanity and humor. It breathes the spirit of universal good will and does no other novel of recent days.

Liter:

Written with obviously genuine enjoyment of the fun-loving happy-go-lucky, hand-to-mouth family life—its appeal is a wide one and directed to a wholesome, human, good-to-preserve simplicity.

Boston Globe:

Sparkling with bright whimsical humor. One of the cleanest and most delightful books of the season.

New York Times:

As frivolous, gay, and amusing a story as one might wish for—doubly welcome in a world that has gone gray and sombre with tragedy.

Brocklyn Citizen:

One could read of the doings of the lovable PRUDENCE for a week and never tire of the story.

Be Sure to Read the First Installment in This Paper Soon!

Cold Sores and Fever Blisters

are only outward manifestations of the inflammation of the mucous surface that lines the lungs, the stomach and all the digestive tract, but they give you evidence of how sore a membrane may become as a result of inflammation, which is stagnation of the blood, rightfully called acute catarrh.

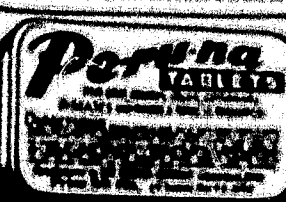
If you suffer from such conditions don't let them become chronic, don't run the risk of systemic catarrh.

Clear it Up With PERUNA

When your system is cleared of all its poisons, the membranes smooth and healed, the cold gone and your digestion restored, you will enjoy life, feel equal to all its tasks, and be at peace with the world. Let Peruna do for you what it did for this sufferer:

Mrs. L. A. Patterson, 238 Utah Avenue, Memphis, Tenn., says: "I have been a sufferer from colds for many years. I have used it and we for external complaints and found it a very efficient remedy. I have a small family of children. Times are hard with us, but I have recently found in the evidence of Peruna, especially during the season of the year when colds and fevers are prevalent. We always recommend Peruna to our children for the benefit it has been to us."

You needn't suffer longer with such a remedy at hand.



Peruna can be obtained in tablet form. You can carry it with you and take it systematically and regularly for a remedy, or as needed for a preventive. Get a box today.

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THE OXFORD COUNTY CITIZEN

PUBLISHED EVERY THURSDAY
BY FRED B. MERRILL.

RETHEL, MAINE.

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Entered as second class matter, May 7, 1906 at the post office at Bethel, Maine.

THURSDAY, JANUARY 25, 1917.

78th MAINE LEGISLATURE.

Continued from page 1.

Mr. Merrill has assumed his office as secretary of State and has retained the services of the present deputy, L. M. McDonald. Mr. Merrill, despite the fact that he is a resident of Bethel, has accepted the position of secretary of State. It is understood that Mr. McDonald, in line with Governor Milliken's announced policy, will hold the office until the final adjournment of the Legislature.

Except for the large amount of legislation introduced for so early in the session, several measures being of large importance, there was little to mark the legislative doings of the third week of the "78th."

The two liquor bills, the prohibition of displayed advertisements and the so-called boundary bill, made their official entrance to the legislative chamber. The first mentioned would bar advertising of liquor from the pages of the Maine public. It would make unlawful to "circulate, publish, sell, offer or expose for sale any newspaper, periodical or other written or printed matter in which such advertising may appear; or to permit any sign containing such advertising upon one's premises, or to circulate any pure list, order blank or other matter for the purpose of securing orders for such liquor." This bill was drafted by Carl Jones, a Waterville attorney, and was introduced by Senator Martin Bennett of Hallowell.

The other bill was introduced by Representative Houshanger of Lobsenz, is the favorite of a local newspaper, and was drafted by former Attorney General William H. Hathaway. It is generally intended to prohibit, absolutely, the importation of intoxicating liquors into Maine. The draft provides that no person "shall at any time by himself, his clerk, servant or agent, directly or indirectly import into the State of Maine from any other State or the United States or from any foreign country any intoxicating liquor, or of whatever origin, except for medicinal, sacramental, scientific and educational purposes or for restrictions provided by the law." Possession of liquor by a person is made a crime of slight importation, and a person who imports liquor is liable to a fine of not less than \$100 and not more than \$500. This is proposed to operate in connection with the recently enacted Webb-Kenyon law.

Another measure which has created a stir in the "State House" is the "Maine Water Power" act which creates a commission to investigate water power in the State. The bill provides that the commission shall have the right to examine and report on the water power of the State, and to make recommendations to the Legislature. The bill was introduced by Representative J. H. Higgins of Bethel.

Senator J. P. Higgins of Bethel will introduce the bill to amend the law relating to the State seal. The bill provides that the seal of the State shall be a shield containing a moose, a fish, a tree, and a sun. The bill was introduced by Senator J. P. Higgins of Bethel.

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How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by him.

NATIONAL BANK OF COMMERCE, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 50 cents per bottle. Sold by all druggists.

Take Hall's Family Pills for constipation.

announcement that the "Mike-Burns original package" case would be with the Legislature again, after the world-famous, 30 years fight. Burns seeks to have the State reimburse him for the expenses which he incurred and was selling when Governor Bolwell, County Attorney Carleton and Sheriff McFallen stepped upon his prospering business in Augusta. The Maine law court later declared Burns to have been engaged in legitimate business, but, despite legal and legislative action, he has never been able to recover the damages he seeks.

The Budget Hearings. The budget hearings are the one big feature of the session thus far. With four days of hearings last week, Governor Milliken, the executive Council and the appropriations committee pressed forward with the dispatch of the new method of handling the State's financial affairs. They listened to requests from the heads of departments and numerous State aid institutions.

While, to the layman, the hearings and the system seem a veritable chaos, the men directing the preliminaries see its advantages and are delighted with the smooth progress which is meeting the first attempt by a Maine Legislature to adopt this means of caring for our complex appropriations. In fact, nearly everything seems satisfied except the man whose pet scheme for "slipping something new" appears to be threatened—and the newspaper men who are "sweating blood" to "cover" the hearings.

In discussing the purposes and operation of the budget arrangement, Governor Milliken said last week, Wednesday: "It is not my purpose to point out what special appropriations should have preference. It is my purpose to indicate, in the budget, the probable income under existing tax laws and at a tax rate agreed upon after a conference with the committee, and also, the overhead expenses and the amount of money left over to meet special appropriations. The Legislature will then determine what special appropriations should have preference. It is not my intention to go outside the expenditures for public departments and institutions."

The Governor further explained, in response to questions, that the money asked for must be raised down wherever opportunity offered or the tax rate would have to be eight mills a year. In this connection he averred, "The recommendations in the budget will balance, the report of the probable income versus the recommended appropriations. Ordinary to previous means, when the executive budget is now presented the committee will know how much they can appropriate and somewhat even, and that if they increase the appropriations, they must also increase the revenue."

Governor Milliken's theory is that by getting in all the demands the proper place for cutting are more readily apparent, and the total may be brought within the State's income. On the date of the proposal it seems better than the old way of piling up appropriations until the Governor warns the Legislature that it is appropriating more than the State can pay.

The Requests. Among the heads of departments heard last week, with some of the recommendations made, were the following: J. A. Roberts, commissioner of agriculture, and several other officers of his department which is seeking an appropriation of \$190,514.43, an increase of \$29,750.

Lester J. Carter, insurance commissioner, asking an increase from \$75,000 to \$125,000 to provide adequate inspection of buildings and investigation of fires.

Harry A. Fawcett, as superintendent of buildings, out for \$15,000 for each year of 1917 and 1918, instead of \$14,000.

WHY SHOES ARE HIGH.

John A. Kent, president of the National Shoe Manufacturers' Association, recently addressed the convention of the National Shoe Retailers' Association as follows: "When prices are high a demand comes strong for the most expensive things in a line, and the present era of extravagance is no exception to this rule. Women have made popular the most expensive styles and the most expensive leathers, scornful of the old fashions, which furnished service, comfort and economy, and demanding beautiful, stylish and costly footwear, unmatched in any other country or period."

"In men's shoes the tendency has not been so pronounced, but manufacturers have commented upon the unlooked for sale of quantities of their higher priced lines when it was thought that the cost would cause the great demand to come upon the cheaper goods in the line."

"Leather has always been scarce and high in war times. It enters into so many articles necessary to the soldier, and the destruction and loss is so great. The cutting off of the supply of raw materials and the increase in cost of transportation and production make increased cost inevitable."

"Too much has been said about shoes at \$15 and \$20 per pair. Such prices have been obtained, and in most instances the price was justified by the cost of material and manufacture plus the expense of retailing. Purchasers at such prices, however, are indulging in luxuries. There is no necessity for such an investment in a single pair of shoes."

"Good footwear that will wear as long and look as well can even now be purchased for half the sums mentioned in any good retail store, and yet the public is getting the impression that it takes the wages of an ordinary workman or working woman to buy a pair of shoes."

"Leather and articles made from leather have always soared in price as an aftermath of war, and the present condition is not unlooked for or unprecedented."

"Manufacturers have leather on hand for main requirements for present season, but for the season beginning in April or May very little leather is owned or contracted for by shoe manufacturers except at very close to full market price."

"The price of shoes has not been based upon replacement value of leather, but every manufacturer has given his customers the benefit of his foresight and courage in buying."

"The sensible thing to do is to conserve the supply of leather by creating a demand for new materials for shoes. Leather has been used almost exclusively for footwear because nothing else was as cheap and good. Prehistoric man clothed himself in the pelts of animals, and while other parts of the body are now covered by fabrics, our feet remain incased in the skins of deceased animals."

"It is reported on good authority that two of the largest sole leather tanneries in the United States are buying South American hides in the New York market at market prices as fast as they can be obtained. The English government also is buying for the same hides, and have requisitioned all hides taken off by the South American English packing houses, and are also buying freely in the open market."

"The president of a very large tanning company, running two tanneries in Michigan, when in New York two or three weeks ago, had sold for him to the English government, by a broker, 100,000 lbs. of sole leather at 1 1/2 cents that he bought a few weeks ago, to be shipped from North America on letter of credit, and for which he paid 3 1/2 cents. "If peace is declared there will be about fifteen million men to come out of the trenches, and one of the first things they will do is to discard the heavy army boots and shoes. Then, of course, they will seek regulation civilian shoes which cannot be supplied in quantity by any of the warring countries. Immense shipments of leather and shoes will be sent into these countries to meet this demand."

"It is said that Germany for a long while has had very little sole leather and that paper shoes are being used in civilian shoes. A letter received in Boston by a son of a German shoe manufacturer, whose factory was taken over by the government and has been making army shoes since the war started, states that the German people are cutting off the sleeves of old garments, tying up one end and using them for foot protection in place of shoes."

ACHIEVEMENTS IN THE WORLD'S WORK.

Rear Admiral Robert E. Peary.

By J. E. Jones.

PART II. I think my question must have seemed somewhat apologetic. Nevertheless I managed to ask Admiral Peary: "What good did it do to find the North Pole?" The man who had spent twenty-three years of his life in this one endeavor did not appear to regard the inquiry as impertinent, or even unusual. I suspect he had heard it before.

"If we Americans can do what the other fellow could not do, it is an indication that in some way or other we are superior. It is even fair to presume that there may be other achievements in which we will be able to excel," replied the discoverer of the North Pole.

"For instance," he continued, "what a lot of satisfaction there is to our people in the winning of an international cup race. And yet it is hard to analyze the actual benefits that might come from such a victory."

"If we might have an observation station at the South Pole," he suggested seriously, "and this would be entirely possible since that pole is located on land, and then another station at the nearest point of land to the North Pole, concrete and definite results would be obtained for science."

"The establishment of these stations is not impractical, and some say it will be done. They will be connected in operating with stations all over the world, and they will follow immense benefits, resulting in a better knowledge of meteorological, astronomical, magnetic and physical science."

"Imagine the advantage of making observations simultaneously at the two magnetic poles, in cooperation with the established stations throughout the world."

The layman's mind will at once connect up these suggestions with the weather service. Most of us have studied the charts issued by the Government, with a vague understanding as to why forty below at Medicine Hat means that we must lock up furs, raincoats, or other garments."

In the face of these easily understandable conditions, the illustration of Admiral Peary with reference to the great blizzard of 1888 is illuminating. At that time scientists of the United States found certain kinds of Diatoms (microscopic forms) in the snow fall of that blizzard. Three or four years later Admiral Peary returned from Greenland with microscopic material from the great inland ice cap of Greenland which microscopic examination showed to contain the same species of Diatoms, as the blizzard of several years previous.

Scientists immediately recognized that old Boreas, in his operations in Greenland, had stirred up this great storm which later came down to disturb the peace of mind of more civilized areas of the universe.

The natural conditions revealed from the charting of the land in the frozen north, as well as at the South Pole, have been of great benefit to the scientific world; and the voyages of Peary and Amundsen, like those of Christopher Columbus, have served their purpose in life, in establishing more definite knowledge of the shape and movement of the mysterious ball to which human beings cling without danger of being thrown off into space, notwithstanding the fact that our early training has taught us the lesson so well expressed in the observation that "the world, also do move!"

When Columbus came to our shores, the people of the Old World wanted to know what gold it did. Maybe some day, the value of polar discoveries will be more definite.

THE PRICE GOES UP

Before the war we had a contract price for paper, so we could sell this set of Mark Twain at a reduced price.

The last of the edition is in sight. The price of paper has gone up. There can be no more Mark Twain at the present price.

Send Coupon for No Money.

There never again will be any more Mark Twain at the present price. Get the 11 volumes now, while you can.

Every American has got to have a set of Mark Twain in his home. Get this now and save money.

Mark Twain is the only author who has not been imitated.

MARK TWAIN'S BOOKS. The 11 volumes now, while you can. Every American has got to have a set of Mark Twain in his home. Get this now and save money.

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RUMFORD

The Rumford Falls Trust Co. has installed a Burroughs book machine for use in making statements of customers accounts. This latest device of the Burroughs Adding Machine Company automatically adds the totals to the old balances, and transmits any checks paid by the bank depositor, extending the new balance by simply pressing a key. are printed opposite all items, so any effort by the operator to change the date at the start of day's business. R. W. Stockbridge, Portland, sales manager for Maine P. H. McDonald, bookkeeping specialist, have been in Rumford stalling the machine.

The judges in the essay contest between the boys of the Stephens school Potato Club, awarded the honor to Stanley E. White. The essay by Abbott H. Nile and Joseph E. Nile for the second place. The essays were very interesting and instructive. Spaulding Blaine has been elected captain of the Militia Company in Rumford, in place of Robert Millett, who has gone to land to reside.

Due to the crowded condition of school accommodations, the Rumford school board have deemed it advisable to build an addition to the Stephens High school rather than to build other grade building. They estimate that the proposed wing can be built for \$20,000, and they think that an act will not be needed as previous plans will suffice. It is thought to put the building in charge of F. H. Atwood, a man who has had great deal of experience in building.

The announcement of the engagement of Miss Marion Longley, daughter of Mr. and Mrs. John Longley, Portland, formerly of this town, and Mr. Warren Day Eddy of Portland, has been made. Miss Longley graduated from Deering High school last June and is a member of Delta Kappa Society. Mr. Eddy, employed by the Oxford Paper Co.

The officers of Parity Rebekah Lodge No. 56, as installed by Mrs. Gertrude M. Colebrook of Dixfield and her daughter, Mrs. Alice Ames are: Mrs. Mae Abbott; V. G. Nina Israel; Sec., Lena May Pelt; Treasurer, Hattie Varney.

The officers of Ozell Temple, for the coming year are as follows: M. E. C. Mabel R. Smith; E. S. C. Rich; E. J. Maude L. Clifford; M. Jane Lapham; M. of R. C. Lena M. Pelt; M. of F. Grace E. Sweet; Dr. Harriet Walker; Guard, Nettie E. Ke. P. C. Gertrude M. Gleason.

Weber's orchestra of Rumford will play at Bryant's Pond last week and play for the Spoolmaker's dance at Dudl Opera House.

Archie Felt is spending several days with his mother, Mrs. Emily J. Felt, Bryant's Pond.

The Altogether Club met last week with Mrs. F. P. Poshay. There was good attendance, and dainty refreshments were served. A roasting party took place of the meeting this week.

Mexico Lodge, No. 454, held its meeting at the home of W. S. Kelly and wife last week. The Grand Worthy of Maine, Dr. W. Lewis of Skowhegan was present. The officers were installed by Mary G. Haskell, Deputy Supreme of Maine: Warden, W. S. Kelly; V. W. A. W. A. Kelley; Sec. Len May Pelt; Fin. Sec. Wm. H. H. Lay. Treasurer, Winnie G. Whitman; Chaplain, Frank G. Whitney; Guide, Byron A. Evans; Guardian, Annie S. Wood; Sent, John C. Winslow; Trustee, Walter B. Underway; J. W. Bertha A. Smith. A fine supper was served after the meeting of oyster stew, sandwiches, cake, olives, fancy refreshments, etc. The next meeting will be held at the home of B. A. Evans on Lincoln avenue.

Colonel George D. Bisbee is confined to his home on Franklin street by illness.

Mr. and Mrs. Isaac W. Greene of Franklin street left town on Monday en route for Jacksonville, Fla. They were joined in Boston on Wednesday by Mr. Stephen Fennell and Mr. Arthur Gaultier of this town who will make the trip down in company with them.

PRUDENCE
Is the Crown of
Common Sense

Mark Twain
A Real American
The Price Goes Up
Before the war we had a contract price for paper, so we could sell this set of Mark Twain at a reduced price. The last of the edition is in sight. The price of paper has gone up. There can be no more Mark Twain at the present price. Send Coupon for No Money. There never again will be any more Mark Twain at the present price. Get the 11 volumes now, while you can. Every American has got to have a set of Mark Twain in his home. Get this now and save money.

The Minister who Feels Well on Monday
With many ministers, Monday is an "off day." Not in the way of doing nothing, but in the sense of not feeling well. After the hard work of Saturday and Sunday, comes the nervous and physical reaction of Monday, with that "all-in" feeling. This is a condition many ministers would be glad to be freed from. They can avoid it by giving proper attention to diet, and taking of Dr. Atwood's Medicine to keep the bowels in order, the stomach loose, the liver regulated, and the head clear. This old home remedy is so good that many ministers are glad to recommend it, feeling that they are passing along a kindness to those who are suffering. We will send a free sample to any minister upon request.

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Quarries, Factory Locations,
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Located on the line of the
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AND
GOOD FARMING LAND
Await development.
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are invited and will receive attention
when addressed to any agent of the
MAINE CENTRAL, or to
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PORTLAND, MAINE.

IDENTIFICATION
OF GRASSES.
To assist those who have occasion to
identify grasses or small grain seedlings
by their vegetative characters, the
United States Department of Agriculture
has recently issued Department
Bulletin No. 202. In this bulletin the authors,
Dr. L. C. Davis, and Dr. J. H. Rogers, of the
Bureau of Plant Industry, discuss the
differentiating characters of grass seedlings,
give an analytical key, and
give detailed descriptions and pen
drawings of 25 seedling grasses and a
small grain seedlings. These include
most of the common hay, pasture, lawn,
and waste grasses of the eastern part
of the United States.

While the bulletin is somewhat technical,
all terms are so explained and
illustrated that anyone with a little
practice may make one of it, even if
not familiar with botanical language.
It should prove especially interesting to
students of botany and farm crops, as
well as those who care for lawns and
pastures. Many of our common grasses
may be identified just as positively,
and for some seeds, by their leaves and
other vegetative characters as they can
by their flowering parts.

YOUR LAST CHANCE.
Recently we published in these columns
an offer of The Youth's Companion
and The Youth's Magazine, both for a
full year, for only \$2.00, containing a
box of stationery. The high price of
paper and ink has obliged The Youth's
Magazine to raise their subscription
price from \$1.00 to \$2.00 a year, and
therefore a year ago that offer at the
above price would be withdrawn.

And now of our readers have the
privilege of ordering both publications
for a full year, including the choice
of one Youth's Magazine or Youth's
Companion, for only \$2.00.
The quantity of reading, information
and entertainment contained in the
columns of The Youth's Companion
and The Youth's Magazine is such that
they are a source of daily interest to
all who read them.

The Youth's Companion is published
every week, except on Sundays, and
contains a wealth of news, stories,
and other interesting material. It is
a source of daily interest to all who
read it. The Youth's Magazine is
published once a month, and contains
a wealth of news, stories, and other
interesting material. It is a source of
daily interest to all who read it.

THE YOUTH'S COMPANION,
or The Youth's Magazine, is published
every week, except on Sundays, and
contains a wealth of news, stories,
and other interesting material. It is
a source of daily interest to all who
read it.

WHY NOT BUY IT IN MAINE?

POEMS WORTH READING

BE KIND TO THE LOVED ONES AT HOME.

Be kind to thy father, for when thou
wert young,
Who loved thee so fondly as he?
He caught the first accents that fell
from thy tongue,
And joined in thine innocent glee.

Be kind to thy mother, for now he is
old,
His locks intermingled with gray;
His footsteps are feeble, once fearless
and bold,
The father is passing away.

Be kind to thy mother, for let on her
brow
May traces of sorrow be seen;
Oh, well mayest thou cherish and comfort
her now,
For loving and kind hath she been.

Be kind to thy mother, for thee will
she pray
As long as God giveth her breath;
In accents of kindness that cheer her
lonely way
Into the dark valley of death.

Be kind to thy brother, his heart will
be drawn,
If the smile of thy love be with-
drawn;
The flowers of feeling will fade at their
fading,
If the dew of affection be gone.

Be kind to thy brother, wherever you
are
The love of a brother will be
An ornament, power and brighter by far
Than pearls from the depths of the sea.

Be kind to thy sister, not many may
know
The depth of pure sisterly love;
The wealth of the ocean lies fathomless
below
The surface that sparkles above.

Be kind to thy father, for now he is
old;
He kind to thy mother, so near;
He kind to thy brother, not show the
heart cold;
He kind to thy sister, so dear.

CHIMNEYPOOL.

There's a lot of consolation in the old
world rolls along.
There's a lot of care and worry and
the hand to feel just gone.
But there's a lot of consolation in the
heart of the song.

Be cheerful as you can be all the
time!
It helps a lot to think it and to say it
over and over.
And afterwards it grows so that you
kind of get that way.

And the feeling bubbles in you as it
never did before,
And you're cheerful as you can be
all the day!

It helps not only your heart, but the
heart of others, too,
And it's a kind of scatterin' seeds of
happiness.

To help the world repeat it and believe
it's really true—
This creed of keeping up your cheer
forever.

Just to try to pass off with a song and
with a smile
The bitter and the hard, for the sub-
time
Is bound to shine and sweetly for your
spirit afterwards.

If you're cheerful as you can be all
the time!
It helps a lot to think it and to say it
over and over.

LIVIN' RIGHT AT HOME.
By Frank L. Stanton, in Atlanta, Ga.
Consolation
I've ought here where the thimble takes
its place over the lamp.

The stars as full of stars may come
to light may beat the drum,
But give a for all, and I've got some
I can't right at home.

I'm mighty glad I never was
quite old enough to roam.
Why, about it, where the father's spread
And every day had a game to play—
Where there's a blessing on the bread
Right here, at home—at home!

It's a good world from first to last,
But home is the best,
Sweetest home from the old-time
home.

The little fellow, with the sun
shine on his face,
The little fellow, with the sun
shine on his face.

THE LITTLE FELLOW.
Bless the little fellows, with the sun
shine on their face,
Bless the little fellows, with the sun
shine on their face.

BIBBETOWN.

Mr. Will Blake and family and brother,
Elmer from Locke's Mills took dinner
with their sister, Mrs. J. W. Dresser
at North Waterford, Sunday.

Mr. and Mrs. Roland Littlefield spent
Sunday with her parents at Albany.
Mr. Freeman Standley and daughter,
Grace, called at A. B. Pennek's last
Friday.

Mr. A. B. Pennek and family at-
tended the corn shop meeting at South
Waterford, Saturday. The Baxter
brothers of Portland furnished the oys-
ters and fruit, and the stock holders
furnished baked beans and other good
things. After dinner there was speak-
ing, the subject being "How to raise
sweet corn." Some of the speakers
were: Mr. Baxter of Portland, Mr. Yen-
ton of Norway, the McIntire brothers
from Waterford, and Wilson Morse
from Waterford.

Who have helped the world to be
A better place to live in
For the likes of you and me!

Bless the little fellows, with the sun
shine on their hair;
Bless the little fellows, who have saved
the world from care.

Who have made the mornings brighter
And the nights so full of peace
When the stars come out together
And the warring hatreds cease!

Bless the little fellows, with the music
of the morn
To lift us when we're weary and to
soothe us when we're worn.

Bless the little fellows,
That along life's tolling way
Bring the sunshine to the shadows
And the laughter to the day!

BRINGING THINGS HOME.
It isn't what you may find at home, but
what you are bringing there
To lift its shadows and light its joys
And lessen its toil and care.

It isn't what you think there should be
waiting for you each day,
But what you are bringing of sun and
cheer as you swing on your home
ward way.

It isn't what you think there should be
at the end of your journey to keep
Joy in your heart for the past you have
played in the midst of the daily
sweep.

It's what you are bringing to make
home bright, it's what you have in
your heart
To make home glow with the light of
love that sets it so much apart.

It isn't what you may find at home, but
what you bring that counts—
A smile and a word of tenderness, and
the courage on which life mounts.

Whether you bring from your struggle
and strife the tenderness due to
those
Who wait for you there in their dreams
of life under the spell of the rose.

THE BETTER LAND.

By Felicia D. Hemans.
I hear thee speak of the better land,
Thou call'st it children a happy band;
Mother, oh, where is that radiant shore?
That we seek it, and weep no more!

Is it where the daffodils bloom in the
spring?
Is it where the green islands of glitter
lie low,
Where fragrant forests perfume the
breeze?

And strange bright birds on their star-
ry wings
Lead the rich herds of all glorious
things!

Not there, not there, my child.
Is it far away in some region old,
Where the rivers wander o'er sands of
gold?

Where the burning rays of the ruby
shine,
And the diamond lights up the secret
mines?

And the pearl gleams forth from the
coral strand—
Is it there, sweet mother, that better
land?

Not there, not there, my child.
Is it bathed in pure light, my gentle son,
Far bathed in light its deep songs of
joy?

Where cannot picture a world so fair,
Where sorrow and death may not enter there.
Time hath not breathe on its faltering
breath.

Far beyond the clouds, and beyond the
loom,
Is it there, it is there, my child.

When Your Child Cries.
At night and times, my child, you feel
worn.
Mother, don't give your sweet
eyes for children's tears up odds in 21
hans, before Perseus, Condi-
tion, Treading Mothers, and destroy
worse. Tied by Mothers for 20 years,
AM. Pringle, 20. Sample FREE.
Mother they to, Le Roy, N. Y. Adv.
1-15-17.

Read what Daisy Baker's Mother
says about Home-Made Bread
and how much she can save on
her household expenses.



Look at this Bread!

If you could only actually see
it, smell it and taste it!

Yes, I baked it myself. It's
very little trouble and it's lots
better than I can buy.

Then too, it means a big
saving. I am cutting down on
my meat bills because the
family is eating so much more
bread. They seem to like it
better than the more expen-
sive foods.

Even if I were not saving on
my other bills, I am still sav-
ing almost half on the bread
itself.

You can do the same thing. It's not
hard. All you need is a good recipe
and a good flour.

The flour that I use is wonderfully
easy to work with. It's made in Ohio
—right in the Miami Valley where the
soft winter wheat has an unusual qual-
ity on account of the rich limestone
soil. It's good for everything, and it
gives a most delicious nutty flavor to
your baking. Take my advice and try

WILLIAM TELL FLOUR

See how much better your baking will
be and see how much you can save!
You will like William Tell better than
any other flour you ever used.

WILLIAM TELL FLOUR is sold under a Triple Guarantee.
It bears the Ohio Better Flour Label and is Guaranteed by the
mill that makes it and by the grocer who sells it.

CORN GROWING.

Getting Moisture into the Soil for Good
Corn Yields—Preparing the Land for
Planting.

Corn gets what it takes from the soil
in liquid form and, therefore, there
must be moisture to spare. The actual
number of inches of rainfall on a given
field, however, is not alone a safe guide,
especially in droughty regions, as much
depends on the amount of water that is
stored at different seasons; the amount
that is wasted in run-off, evaporation,
or seepage; and, finally, the amount ac-
tually made available to the root sys-
tem of the corn. It has been estimated
that a rainfall of 10 inches will be suf-
ficient to produce a 50 bushel yield of
corn, provided none of it escaped ex-
cept through the plants. Even weeds,
however, can not take over every bit of
moisture and it is impossible under field
conditions to prevent losses.

Corn specialists of the Bureau of
Plant Industry, United States Depart-
ment of Agriculture, in Farmers' Bulle-
tin 773, therefore, caution corn growers
in droughty regions (1) to plan their
cultural operations so as to have the
soil surface in best condition to take in
water when rains are most likely to
occur; (2) so to handle the soil that
evaporation may be secured; and
(3) to cultivate the soil so as to store
up heat and at the same time prevent
excessive loss of soil water through
capillary action and surface evapora-
tion.

The case with which soils take in
water or lose moisture depends greatly
on their texture, physical condition
and surface slope; they point out. It
is to the extent that cultivation can
modify these factors that more water
can be made available to the growing
crop.

There are loose, open soils through
which water pours as through a sieve,
and there are tight, gumbo soils which
swell when the surface is wetted,
and become practically waterproof.

Sandy soils take in water more read-
ily than heavier soils, hence, less pre-
caution is necessary to prevent run-off.

The greatest loss may be from deep
furrows to depths beyond the plant roots.
Masses and decaying vegetable matter
check seepage and improve soils of this
character. As corn roots penetrate a
few feet deep, larger yields of corn
are frequently raised on sandy
soils in semiarid regions than on sur-
rounding hard soils.

The heavy, hard, or close textured
soils require the most cultivation to
keep them in proper condition so as to
prevent moisture loss from run-off and
evaporation. Unless the surface is kept
broken or somewhat rough, but little
water will be absorbed during hard
frozen and a greater loss will occur from
evaporation. To maintain the surface
soil in proper condition, cultivation is
necessary soon after heavy rains. If
cultivation is too frequent, however, so
that the surface becomes too fine, mois-
ture can not penetrate readily and
blowing of the soil is likely to occur.

It is of great importance that mois-
ture be made to penetrate several feet
below the surface. In most soils this
penetration is slow, and during hot, dry
weather surface evaporation is great.
Surface moisture can not penetrate a
frozen soil. Summer and fall prepli-
cation has time to penetrate several feet
deep and be in a position to support a
growing crop the next summer. While
it is seldom advisable to waste a whole
summer in storing moisture for a corn
crop the next year, it is advisable to
begin storing soil moisture as soon as
the preceding crop will permit. The
ideal seed bed for a good corn crop in
semiarid regions is one with a loose,
coarse surface and a subsoil well filled
with moisture to a depth of several feet.

Preparing Land for Planting.
As lack of moisture, more than any
other factor, limits corn yields in drough-
ty regions, the first question regulating
each operation should be, "What will
be its effect upon the soil moisture sup-
ply?"

The authorities state that while sun
may follow frequently results in greater
yields of corn, the practice has not
proved practicable. They, therefore,
also beginning the preparation of
land to prevent loss of moisture and to
put the surface into condition to re-
ceive moisture as soon as the preceding
crop will permit. Cultivation after the
removal of the preceding crop is profit-
able if it stops or prevents a growth
of weeds. But if the growing season is
late, and when rains occur evaporation
is rapid from hard soil surfaces, such
as usually follow the growing of small
grain. The chances of storing moisture
are increased by loosening such sur-
face surfaces as early as possible.

Whether plowing is necessary, however,
depends very much upon the type of
soil. Most heavy clay soils are best
put in proper condition by plowing
sandy or light loam soils should not be
plowed in the fall and left bare during
the winter in regions where soil blowing
is likely to occur. If, however,
becomes advisable to plow such soils
in the fall, blowing of the plowed soil
should be checked by top dressing with
barnyard manure.

Deep plowing should always be done
in the fall or very early in the spring
to allow more moisture to penetrate
and the soil to settle before planting
time.

On sloping land the plowing, let-
ting, planting, and cultivating should
follow on a level along the slopes or
around the hills.

The moisture saved makes this a
profitable practice, and very often the
prevention of run-off is necessary to
avoid erosion, with the loss of the rich
top portion of the soil.

Alfalfa land to be prepared for corn
should be followed one year or plowed
early the previous summer.

Growing plants draw large quan-
ties of water from the soil and subsoil.
All growth of weeds and volunteer
grain on land to be planted to corn
should be prevented.

Deep plowing and subsoiling should
be done in the fall rather than at corn
planting time. Roll put in the right
condition to take in moisture to a con-
siderable depth is also open to the air
and dries out rapidly. If necessary, a
plow in the spring for corn, the plowing
should be done early and should be
deep and the ground should be pre-
pared immediately. Plowing under sec-
onds of snow is an effective and some-
times a practicable way of getting
moisture into the ground.

WHY NOT BUY IT IN MAINE?

Tired!

Are you tired? Can't you get on?
Is everything you do an effort? Did
it not used to be so? You are Dr. Your
system needs a tonic. Your stomach,
liver and bowels need stirring up.
Nothing will do this better than

Electric Bitters

Small, New York City. AN. Dr. Williams.
LAWSON, N. Y.

MOTHERHOOD WOMAN'S JOY

Suggestions to Childless Women.

Among the virtues of Lydia E. Pinkham's Vegetable Compound is the ability to correct sterility in the cases of many women. This fact is well established as evidenced by the following letter and hundreds of others we have published in these columns.

Poplar Bluff, Mo.—"I want other women to know what a blessing Lydia E. Pinkham's Vegetable Compound has been to me. We had always wanted a baby in our home but I was in poor health and not able to do my work. My mother and husband both urged me to try Lydia E. Pinkham's Vegetable Compound. I did so, my health improved and I am now the mother of a fine baby girl and do all my own house work."

—Mrs. ALLIE B. TIMMONS, 216 Almond St., Poplar Bluff, Mo.

In many other homes, once childless, there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong.

Write to the Lydia E. Pinkham Medi-
cine Co., Lynn, Mass., for advice—it
will be confidential and helpful.

FEEDING POULTRY BREEDING STOCK.

By G. E. Conkey.

Improper feeding of breeding birds is often responsible for their inability to produce a sufficient number of hatch-
ing eggs or enough fertile eggs possess-
ing the vitality necessary for the pro-
duction of strong, vigorous chicks.

Such loss and worry could to a great
extent be very easily overcome, for it
is not at all difficult to feed breeding
birds properly. What they need is to
be fed for condition—to be fed for a
gain in strength and vitality, so that
when hatching eggs are needed they
will be able to produce a maximum num-
ber of large, even-sized, fertile eggs of
strong vitality. To secure these results
the method of feeding is perhaps more
important than the food itself. As a
feed, good laying rations cannot be im-
proved upon.

Feeding for condition should begin
with the selection of the breeding birds.
Do this about the middle of December.
During the latter part of December and
the early part of January do not at-
tempt to get eggs. Feed the birds
enough to keep their strength and vig-
or on the increase but not enough to
supply them with very much of a sur-
plus of nutriment.

Good condition will come to breeding
birds more quickly if their meals are
varied so as to include a number of
nourishing foods, such as grain ration,
wash and green stuff.

An excellent grain ration can be
made for them by mixing equal parts of
cracked corn, oats and wheat. Feed
this in a deep litter, so that the birds
will have to scratch it out grain by
grain, and thereby get the exercise that
is so necessary to their good health.

Any breeding flock will rebel at a
change in their feed. To be benefited by a
change in feed, the birds must be fed
the new feed for several days before
the change is made.

One of the most important factors in
any mash for breeding birds is the
protein. They contain a high percentage
of protein which not only helps to get
the birds in good condition but enables
them to impart strong vitality to the
hatching eggs.

Green material for breeding birds
may consist of the stuff that can be
obtained most easily, such as sprouted
corn, cabbage, herbs, mangels or small
potatoes.

This method of feeding will put
breeding birds in splendid condition by
the time eggs are desired for hatching,
and they can then be given a beautiful
supply of each of the different kinds of
food, so as to furnish them with the
large surplus of nutriment necessary
for the production of a sufficient num-
ber of hatchling eggs. Their grain ra-
tion and supply of green food should be
increased to as large a quantity as they
will clean up and the mash can be left
before them all the time.

If a liberal supply of either butter
milk or skim milk can also be fed regu-
larly, it will prove very helpful. Each
of these is rich in protein and will
therefore make it possible to decrease
the amount of beef scrap in the mash
about one half.

In addition to the regular foods, plen-
ty of grit, shell and charcoal should be
supplied, as each of these is of some
benefit to the breeding hen and will
make it easier for her to produce a
goodly supply of desirable hatchling.

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Such loss and worry could to a great extent be very easily overcome, for it is not at all difficult to feed breeding birds properly. What they need is to be fed for condition—to be fed for a gain in strength and vitality, so that when hatching eggs are needed they will be able to produce a maximum number of large, even-sized, fertile eggs of strong vitality. To secure these results the method of feeding is perhaps more important than the food itself. As a feed, good laying rations cannot be improved upon.

Feeding for condition should begin with the selection of the breeding birds. In this about the middle of December. During the latter part of December and the early part of January do not attempt to get eggs. Feed the birds enough to keep their strength and vigor on the increase but not enough to supply them with very much of a surplus of nutriment.

Good condition will come to breeding birds more quickly if their meals are varied so as to include a number of nourishing foods, such as grain ration, mash and green stuff.

An excellent grain ration can be made for them by mixing equal parts of cracked corn, oats and wheat. Feed this in a deep litter, so that the birds will have to scratch it out grain by grain, and thereby get the exercise that is so necessary to their good health.

Any breeding stock will which are benefited by a mash made by the following mixing:

60 lbs. Cornmeal,
20 lbs. Wheat Middlings,
10 lbs. Wheat Bran,
10 lbs. Alfalfa Meal,
10 lbs. Oil Meal,
20 lbs. Beef Scraps,
1 lb. Salt.

Feed this mash dry and place it in the middle of the day.

One of the most important factors in any mash for breeding birds is the protein. They contain a high percentage of protein which not only helps to get the birds in good condition but enables them to impart strong vitality to the hatching eggs.

Green material for breeding birds may consist of the stuff that can be obtained most easily, such as sprouted corn, cabbage, beets, mangels or similar products.

This method of feeding will put breeding birds in splendid condition by the time eggs are desired for hatching and they can then be given a liberal supply of each of the different kinds of food, so as to furnish them with the large surplus of nutriment necessary for the production of a sufficient number of hatching eggs. Their grain ration and supply of green food should be increased to as large a quantity as they will clean up and the mash can be left before them all the time.

If a liberal supply of either butter milk or skim milk can also be fed regularly, it will be very helpful. Each of these is rich in protein and will therefore make it possible to decrease the amount of beef scraps in the mash about one half.

In addition to the regular foods, plenty of grit, shell and charcoal should be supplied, as each of these in of some benefit to the breeding hen and will make it easier for her to produce a good supply of desirable hatching

ECONOMY IN FOOD FATS.

Price Differences Depend Chiefly on Flavor and Color—Food Value of All Practically Equal.

Flavor and color have an important bearing on the prices which must be paid for the various edible fats used in the home, since all are regarded as wholesome when of good quality and practically the same amount of energy is derived by the body from each. The housekeeper, therefore, must decide usually what she is willing to pay for relatively superficial properties in the foods. These facts are pointed out in a recent professional paper of the U. S. Department of Agriculture, Bulletin 469, Fats and Their Economical Use in the Home, prepared by the Office of Home Economics of the department. In discussing the selection of fats for special uses the bulletin says:

In general it pays always to buy fats of good quality that none will have to be thrown away through spoilage. In some instances a higher-priced article may be more economical in the end, as, for example, clean, sanitary butter, as compared to a cheaper but less sanitary product. In some instances, where taste or flavor only is involved, a less expensive fat may answer quite satisfactorily the purpose of a more expensive one. For example, the chief use of table oils is as an ingredient of salad dressings, and when a characteristic flavor is not especially desired good grades of cottonseed and peanut oils, having a bland flavor, may be used when these are less expensive than the corresponding grades of olive oil.

Fats used for shortening—that is, in mixture with doughs, etc.—influence the appearance, flavor, texture, composition, keeping quality, and cost of the foods in which they are incorporated. In selecting shortening fats, flavor and odor are to be considered, but attractive appearance and color are of less importance, since in cooking these are usually masked. Other qualities being equal, those culinary fats are more economical and desirable which possess the best keeping quality; that is, the least tendency to become rancid. Also, for general use shortening fats give the best results if they are neither too hard nor too soft to be easily mixed with the other ingredients of the dough at ordinary temperatures.

Fats used as a medium for cooking in such operations as frying should be carefully selected, since they influence the flavor, appearance, and texture of the foods cooked in them, as is evident when one recalls the bad flavor imparted to fried foods by burned or rancid fat. Preference should be given to a fat which does not scorch too readily at the temperature most commonly used for frying. Experiments in the laboratory of the Office of Home Economics indicate that butter and lard scorch at a lower temperature than beef or mutton fats and cottonseed, peanut, or coconut oils. For this reason, therefore, the latter fats are preferable for deep frying, which requires high temperatures.

Economical Use of Fats.

It is a waste, the bulletin points out, to use more fat than a good recipe calls for. It is well known that too much butter makes a cake soggy, while a salad dressing with too much oil tastes "fat." The following are additional examples of ways in which economy may be secured. It is more economical to stir butter into cooked vegetables just before they are served rather than while cooking, and the flavor thus imparted is more pronounced. Furthermore, if added before cooking much of the butter is lost unless the water in which the vegetables are boiled is served with them. Instead of adding butter to vegetables many people cook fat ham, bacon, or salt pork with them and which the characteristic flavor thus imparted.

Saving Fats That Would Be Thrown Away.

Much fat may be saved to home use by the use of the trimmings from fat meat. The following method of rendering fat, found to be very satisfactory in the laboratory of the Office of Home Economics, may be applied to the home. The fat is cut into small pieces with an ordinary household meat chopper or sausage grinder and is then heated in a double boiler until completely melted. The melted fat is then strained through a

rather thick cloth (medium fine buckram, for instance) to remove the finely divided bits of tissue. The advantage of this method is that since the material to be rendered is finely divided the fat separates readily from the enclosing tissue at a temperature very little above its melting point, and there is no danger of scorching it as in the older open-kettle method.

After the fat is rendered it must usually be clarified. A fairly successful household method for clarifying fats is as follows: Melt the fat with at least an equal volume of water and heat for a short time at a moderate temperature, with occasional stirring. Let the mixture cool, remove the layer of fat, and scrape off any bits of meat and other materials which may adhere to the under side. Rendering or clarifying fat with milk gives quite satisfactory results in modifying odors and flavors. The procedure is as follows: To 2 pounds of fat (finely chopped if unrendered) add one-half pint of milk (preferably sour). Heat the mixture in a double boiler until rendered or thoroughly melted, stir well, and strain through fairly thick cloth. When cold the fat forms a hard clean layer, and any dark material adhering to the under side of the fat may be scraped off. Sour milk, being coagulated, is preferable to sweet milk, since the curd remains on the cloth through which the rendered mixture is strained and is thus more easily separated from the rendered fat, which has acquired some of the milk flavor and butter fat.

Undesirable odors and flavors can be decreased in intensity or removed, if not too pronounced, by heating the fats with a good grade of charcoal, and the method is applicable to fats which could not be satisfactorily treated by the method first spoken of. To each pound of chopped, unrendered fat add 12 pieces of clean, hardwood charcoal about the size of a walnut and render the fat in a double boiler as described above. Allow the charcoal to remain in the melted fat for about two hours and stir the mixture occasionally. It is necessary to strain the fat through flannel or other closely woven cloth to remove all the fine particles of charcoal. Rancid odors, if not too pronounced, may be satisfactorily removed by this method. If the odor is very pronounced, more charcoal is needed, and the mixture requires longer heating. It is interesting to note that the characteristic yellow color of the beef fat may be removed by this method, and a white, odorless fat secured.

Fats as Food.

Fats are not less digestible than other foods, as is generally believed, but as a matter of fact, more thoroughly digested than the animal or vegetable proteins and the starch occurring in the ordinary mixed diet. Fats whose melting points are higher than the body temperature are less easily digested, however, than those having low melting points. The digestive disturbances often attributed to eating fat are probably due not so much to the inability of the body to digest the fat itself as to other factors, among the chief of which are bad cooking, overeating of foods containing fats, and rancidity. Close mixture of nonemulsifying fat with protein may cause digestive disturbances to some persons, since the fats form a coating about the protein and hinder the action of the digestive juices.

The number of edible fats in use has been greatly increased in recent years, the bulletin points out. Formerly butter, cream, and lard, and perhaps "meat drippings," were the only edible animal fats known to the average housewife. Now numerous cooking fats are made from vegetable oils or mixtures of vegetable and animal fats. The development of methods of treating liquid oils to harden them by the addition of hydrogen has added a number of cooking fats of the approximate consistency of lard to the fats available for home use. Among the edible vegetable fats mentioned by the bulletin which are used for food purposes are olive oil, cottonseed oil, peanut oil, coconut oil, corn oil, soy-bean oil, and nut oils.

DID WELL TO SING AT ALL.

Mr. Barna: "Didn't you think that the soprano sang 'The Mistakes of My Life Have Been Many,' with a good deal of pathos this evening?"

Mrs. Barna: "There is no reason why she shouldn't; she's been married three times."

Prudence of the Parsonage

By Ethel Hueston

is one of those joyful stories that will cheer and satisfy you. The characters are just ordinary, plain people, living sweet, loyal, loving, devoted, happy lives together in a nice, wholesome, little, American town, and long before you're through with the story you'll find they are all your real friends.

Prudence is the young daughter of a minister who takes up the self-imposed task of raising her four motherless sisters. They are all just "regular" girls, full of life and vim, and naturally there are all sorts of amusing happenings. Then there comes a Prince Charming into the tale that furnishes a very pretty romance. If you can enjoy a clean, jolly story be sure to read

Our New Serial

Prudence of the Parsonage

Watch for the Issue
With the First
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PARMENTER AND POLSEY Animal and Fertilizers

BONE, BLOOD and MEAT with chemicals constitute our Animal Fertilizers. They are natural plant foods and approach most nearly to that best of all plant foods—farmyard manure. They raise the largest crops and keep the soil fertile. Get a booklet from our dealer or direct from us showing results without potash during 1916.

PARMENTER & POLSEY FERTILIZER CO., Boston, Mass.

SELECTING TABLE FOWL.

Methods of Determining Food Quality of Poultry Discussed by Home Economics Specialists.

The importance of age, sex, exercise, food, and care as influencing tenderness and flavor in poultry is pointed out by home economics specialists of the United States Department of Agriculture in a professional paper, Bulletin 467, just published.

There is much less difference, the bulletin states, in the digestibility or healthfulness of the meat of different kinds of fowls than is commonly supposed. "Nearly all the nutrients and energy of poultry, as of other meats, it is pointed out, are utilized by the healthy normal body. In all kinds of poultry table quality depends primarily on tenderness and flavor, and these, in turn, are influenced by age, sex, exercise, food, and care. Freshness is also an important factor, but this is not merely a question of how long a bird has been dead, but rather of how far developed are the chemical and bacteriological changes which, when they are carried too far, cause what we call spoilage or decomposition in the meat. The micro-organisms which cause dangerous changes are likely to be introduced by careless and dirty handling, and for this reason cleanliness should be insisted on. The changes take place most rapidly in the presence of warmth and moisture. Hence, cleanliness, cold, and dryness are at the bottom of all the methods of caring for poultry on the farm, in the warehouse, at the market, and in the home.

The methods of cooking poultry are, in general, the same as those for other kinds of meat. The tougher the bird the more cooking will be needed to make it tender and easily digested, and the larger it is the more heat will be required to cook it thoroughly. Canned and bottled poultry are prepared in much the same way as freshly cooked dishes, then sterilized and sealed, and when properly put up do not differ essentially in food value from similar fresh foods.

General Considerations.

In regard to the general considerations to be observed in choosing poultry, the bulletin calls attention to the fact that while the relative cost of different kinds of poultry depends primarily on the price, the proportion of edible to inedible material and the thoroughness with which the edible portions can be utilized should also be kept in mind. Well grown birds with good sized masses of moderately fat flesh are more economical than either young or over-fattened ones. At ordinary retail prices, full grown chickens are the only poultry which compares in real economy with the cheaper cuts of beef and pork, but young chicken, mutton, turkey, goose, and guinea fowl are often as economical as the more expensive grades of other meats.

Use of Cold-Storage Poultry.

In discussing the use of cold storage fowls, the bulletin says:

The way in which frozen birds are stored makes a great difference in the length of time they keep in condition. It is used to be customary to thaw them by soaking in cold water, but this has been proved undesirable, not only because the water is very likely not to be clean but also because soaked birds "go off" in quality very rapidly. Soaking in hot water, as is sometimes done in market for a "soak order," is even worse. A much better way is to keep the birds for 24 hours at ordinary room temperature (45 degrees to 60 degrees F.). As has been already stated, the warmer the birds are and after thawing the better, and whenever possible should be kept stiff and thawed at once. This means having poultry a day before it is needed, but it is the surest way of having it properly thawed. In warm weather it should be put in the refrigerator to thaw, but in cold weather a moderately cool room will do as well. If it is impossible to do the thawing at home, the marketman should not be allowed to do it until a short time before delivery.

"Although frozen poultry is hardly to be chosen when fresh birds are in the market, it undoubtedly has the advantage of furnishing chickens, turkeys, and other birds when the natural supply is lacking and thus increasing the variety of the meat list."

How to Recognize Good Table Poultry.

The following statement of the methods by which good table poultry can be recognized by the purchaser is made in the bulletin:

"In a freshly killed bird the feet feel

moist, soft, and limber, and if it was dressed with the head on, the eyes look bright and full. As it becomes stale the eyes shrink and the feet dry and harden; when too stale, i. e., when decomposition is well under way, the body turns dark and greenish or becomes slimy. The flesh should be neither flabby nor stiff, but should give evenly and gently when pressed by the finger. It is very difficult to distinguish between good cold-storage and freshly killed poultry.

"One of the commonest ways of testing the age of dressed poultry is to take the end of the breastbone farthest from the head between thumb and finger and attempt to bend it to one side. In a very young bird, say a 'broiler' chicken or a green goose, it will be easily bent, like the cartilage in the human ear; in a bird a year or so old it will be brittle, and in an old bird, tough and hard to bend or break. Unfortunately there are sometimes tricky dealers who break the end of the breastbone before showing the bird, and thus render the test worthless. If the feet are a mark of the carcass, they furnish a mark of age. In a young bird they are soft and smooth, becoming hard and rough as the bird grows older. The claws are short and sharp in a young bird, growing longer and blunter with age and use. Spurs generally occur on male chickens. On male broilers and tender roasting chickens they are small; on older, higher-flavored ones they are prominent but flexible; on cocks they are long and attached to the bones of the legs; on capons they seldom develop until the second year of age.

"Turkeys up to a year old are said to have black feet, which grow pink up to 3 years old and then gradually turn gray and dull.

"The age of pigeons can sometimes be told by the color of the breast, which becomes more and more purplish as the bird grows older. Red feet are also said to be a sign of age in a pigeon.

"In ducks and geese the flexibility of the windpipe is a mark of youth. It can be easily squeezed and moved when the bird is young, but later grows rigid and fixed. If the tips of the galls at the end of the wing are sharply pointed the bird is probably young; the blunter they are, the older the bird.

Capons.

"When caponing has been properly done, the head is small for the size of the body, the comb and wattles are pale and withered, the body plumper, rounder and larger than in an ordinary fowl, and the spur abortive. If the operation was incomplete, the head will be like that of an ordinary bird, and the body less rounded. Such birds, known technically as 'slip capons,' are much inferior to true capons."

A man can't get ahead of the world unless he is born with one.

It is all well enough to begin at the beginning—unless you want to go up a river.

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